



Vital Adaptation Ltd. Navigating Health. Promoting Participation.

Routines for Wellbeing™ A Participation-Based Prevention Pathway for Primary Care and Community Health Commissioner Summary 2026–2027

Why Participation Matters

Many people do not need more appointments.

They need support to reconnect with routines, confidence, community and the activities that make life meaningful.

Across primary care, we see people living with long-term conditions, poor mental health, caring responsibilities, social isolation and life transitions. They are often not acutely unwell, yet they continue to struggle. They attend repeatedly, receive brief interventions, are signposted elsewhere, and often return to services without meaningful change.

These are not failures of motivation.

They are often failures of participation.

At Vital Adaptation, we believe people flourish when they have opportunities to participate, contribute and belong.

Health is not simply the absence of illness.

Health grows when people have opportunities to connect with others, develop confidence, build routines and engage in activities that matter.

Because participation changes lives.

Routines for Wellbeing™ was developed to help people rebuild those foundations through a structured, evidence-informed, group-based approach.



Overview

Routines for Wellbeing™ (RFW) is a licensed, evidence-led six-week group prevention programme designed by a doctor and occupational therapist to help adults rebuild routine, confidence, participation and self-management.

It provides a structured pathway for people who often fall through the gaps between clinical care and community support.

The programme is designed for NHS, primary care, social prescribing and community health settings seeking a practical alternative to repeated short clinical episodes and loose signposting.

Rather than focusing solely on symptoms, RFW helps participants develop the confidence, routines, relationships and practical skills needed to move forward.

Why RFW Matters

Brief clinical episodes and medication alone rarely rebuild daily functioning.

People often need something different:

- Structure
- Accountability
- Confidence
- Peer support
- Practical opportunities to reflect and take action

RFW offers a structured pathway that helps people:

- Rebuild routine and daily structure
- Improve confidence and self-efficacy
- Increase participation in meaningful activities
- Strengthen social connection and belonging
- Develop practical self-management skills
- Reduce dependence on repeated non-medical healthcare contacts

The programme aligns closely with NHS priorities around:

- Personalised Care
- Prevention
- Social Prescribing
- Supported Self-Management
- Population Health
- Community-Centred Approaches



Credibility

Dr Joanna Byers is a dual-qualified medical doctor and occupational therapist with over 15 years of experience across NHS and international healthcare.

She is founder of Vital Adaptation Ltd, a wellbeing and participation consultancy dedicated to helping people, communities and organisations adapt, connect and thrive.

Joanna is the creator of Routines for Wellbeing™ and founder of Wellbeing Ceilidh™, an innovative community wellbeing approach exploring how participation, accessibility, music and belonging support health.

Alongside her consultancy work, Joanna practises as a specialist occupational therapist in palliative care, teaches public health and behaviour change at the University of Cambridge, and is a qualified Summer Mountain Leader.

Routines for Wellbeing™ has already been delivered across five cohorts within three Cambridge GP practices, with consistently positive participant feedback and strong early outcome data.

The Vital Adaptation Approach

Routines for Wellbeing™ forms part of a wider participation-led approach developed through Vital Adaptation.

Whether supporting behaviour change, community wellbeing, outdoor participation or organisational development, the core principle remains the same:

People flourish when they have opportunities to participate, contribute and belong.

The programme therefore focuses not only on improving wellbeing, but on helping participants reconnect with life itself.

Delivery Model

RFW is an evidence-informed six-week group self-management programme for adults who would benefit from additional support to rebuild routine, confidence and participation.

The programme complements existing health, care and community services. It does not replace them.

Commissioners are purchasing a complete delivery system including:

- Programme pathway
- Training
- Facilitator resources



- Fidelity framework
- Ongoing support

The programme is designed for delivery by existing staff including:

- Occupational Therapists
- Social Prescribing Link Workers
- Allied Health Professionals
- Health Coaches
- Community Practitioners
- General Practitioners

Delivery requires approximately 3.5 practitioner hours per week for a typical cohort of 6–12 participants.

Keeping delivery within existing organisations means skills, confidence and programme knowledge remain embedded within local systems rather than dependent on external providers.

Session Themes

Week 1: Routine and Structure

Understanding current routines, mapping a typical week and identifying realistic anchor habits.

Week 2: Confidence and Self-Efficacy

Exploring strengths, setting achievable goals and building momentum through small wins.

Week 3: Participation and Meaning

Reflecting on activities, roles and experiences that matter most.

Week 4: Connection and Belonging

Exploring relationships, support networks and opportunities for participation.

Week 5: Self-Management in Practice

Turning intentions into practical actions that can be sustained.

Week 6: Looking Forward

Consolidating learning, identifying next steps and building confidence for the future.



Participant Stories

Belonging

One participant reflected:

"I didn't realise that I matter or anyone would want to hang out with me."

During the programme another group member told her:

"I was looking out for you. You didn't come and I was really upset."

For the first time in years, she felt noticed, valued and connected. The programme helped her build relationships that continued beyond the group itself.

Confidence

Another participant was living with depression, social isolation and significant caring responsibilities.

Through the programme she began setting small achievable goals, including showering, dressing, wearing make-up and leaving the house.

Reflecting on the changes she had made, she smiled and said:

"I'm winning."

Her circumstances had not disappeared, but her confidence and self-belief had begun to return.

Possibility

A participant who had completed several previous mental health courses described this programme differently:

"I feel really safe and it's made me open up."

Towards the end of the course she reflected:

"I know which trees I want to climb."

Then added:

"And I've been sitting under them for thirty years."

The programme helped her reconnect with possibility, purpose and a renewed sense of direction.

Evidence and Outcomes

Participant feedback has been consistently positive.



Examples include:

"Can't thank you enough. It's been a lifeline."

"I felt safe and really cared for in this group."

"It has opened up loads of doors I didn't know existed."

We currently utilise validated measures including:

ONS4 Wellbeing Measures

MYCAW (Measure Yourself Concerns and Wellbeing)

Early data demonstrates improvements in wellbeing, confidence, routine, participation and social connection.

Peer-led support networks have frequently continued beyond programme completion, suggesting potential for sustainable long-term impact.

Financial Case

A typical cohort has the potential to generate approximately £26,000 per year in primary care capacity value.

Estimated return on investment ranges between:

£3.90–£11.50 per £1 invested

depending on group size and local implementation.

These figures are based on modelled reductions in non-medical GP contacts and should be validated locally through pilot implementation and utilisation analysis.

Licence Pricing

Single Practitioner Licence

£4,595

Unlimited cohorts for 12 months

Two-Practitioner Team Licence

£7,000

Unlimited cohorts for 12 months

This is not loose signposting.

It is a structured, quality-assured, outcome-focused pathway delivered with fidelity.



Implementation

A typical implementation phase would:

- ✓ Train 1–2 practitioners
- ✓ Deliver 2–3 cohorts over six months
- ✓ Collect outcome data
- ✓ Monitor service utilisation before and after delivery
- ✓ Build local delivery capability

Clear arrangements should be agreed regarding:

- Practitioner time allocation
- Clinical oversight
- Safeguarding
- Governance
- Evaluation

Best Fit Organisations

Routines for Wellbeing™ is particularly suited to:

- Primary Care Networks
- GP Practices
- Integrated Care Systems
- Community Health Teams
- Social Prescribing Services
- Prevention Programmes
- Population Health Initiatives

It offers a structured, scalable and quality-assured way to help people rebuild routine, confidence, participation and self-management before they reach crisis point.

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Helping people, communities and organisations adapt, connect and thrive.

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